



## Term 2 Lesson Plan - Autumn

Section of Class	Exercise	Props	Description
<b>Greeting &amp; Etiquette</b>	<b>GREETING &amp; ROLL</b>	Roll	Gather dancers into a circle away from the dance area. With everyone seated on the floor, greet dancers and take roll.
	<b>DANCER ETIQUETTE</b>		Explain the 'dancer rules'. Ask the dancers to repeat the dancer rules back to you. <ol style="list-style-type: none"> <li>1. Eyes on the teacher</li> <li>2. Keep hands to self</li> <li>3. Give my best effort</li> </ol>
<b>Warm-Up</b>	<b>SETTING UP</b>	Mat x 1	<i>Place a mat in the center of the room. Have dancers hold hands to form a circle and then ask them to wiggle their fingers as they place them on their hips. Next, ask them to place their shoes together (their feet in parallel).</i>
	<b>CIRCLE WARM UP</b>		<p><i>Teacher's arrangement, could include some of the following:</i></p> <ul style="list-style-type: none"> <li>• Clapping hands to the beat of the music.</li> <li>• Tapping and naming body parts to the beat of the music (including cross-body)</li> <li>• Slow strong circular arm movements</li> <li>• Parallel demi pliés</li> <li>• Jumping down to touch ground, bounces</li> <li>• Jump up, arms stretched high.</li> <li>• 3x walks towards mat, 3x walks backward</li> <li>• Feet jumping out and in</li> <li>• Feet apart, hip shakes</li> <li>• Marching on the spot and turning</li> <li>• Bunny jumps on the spot and turning</li> <li>• Rocking from side to side</li> <li>• Copycat poses (copy teacher)</li> <li>• Spinning on demi-pointe</li> <li>• Toe tapping – up and down and from side to side</li> </ul> <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> <li>• Arms waving with hip shakes (high or low)</li> <li>• Big knee lifts, tapping opposite hand to knee each time</li> <li>• Skipping into mat, clap x 1, and back out to circle, quick clap x 2</li> <li>• Skipping in a circle in place with a clap at end</li> </ul>

	<b>TRAVELLING AROUND THE CIRCLE</b>		<p><i>The teacher begins first and then each dancer has a turn traveling alone around the circle as the remaining dancers clap their hands and knees to the beat of the music. Take time to fully explain the exercise before beginning so the dancers understand the sequence.</i></p> <ul style="list-style-type: none"> <li>• Each dancer will take their turn doing the following:</li> <li>• Stand like a dancer.</li> <li>• Travel around the circle performing the given step (e.g. flying like a blowing leaf being pushed by the wind, pretending to be the wind as cooler temperature blow in, walking with swinging arms, galloping).</li> <li>• Perform an individual movement (e.g. strike a jazz pose, curtsy/bow, clap hands 2x) once the dancer arrives back in their original place in the circle.</li> <li>• Sit like a dancer as the next dancers stands to repeat the process.</li> <li>• Begin to clap to the beat of the music while everyone else gets their turn. Clap hands together and then clap hands to top of knees. Keep repeating this pattern.</li> </ul> <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> <li>• Skipping or galloping as a traveling option</li> <li>• Have student choose their own individual movement</li> </ul>
	<b>FLOOR STRETCH</b>		<p><i>Sitting like Angelina Ballerina: slide one knee back to kneel; place both knees side by side; gracefully drop seat to floor; swing legs around to sit with legs extended; remind dancers to keep back long and straight; place hands on legs.</i></p> <p>Sitting with legs extended in front, hands outstretched, fingertips on the floor</p> <ul style="list-style-type: none"> <li>• Deep breaths in (arms float up) and out (arms float down)</li> <li>• Curl legs into chest and ‘pop’ out, legs extended &amp; arms outstretched</li> <li>• ‘Firework’ each hand up and twinkle fingers down</li> <li>• Alternate flexing &amp; pointing the ankles/feet</li> <li>• Various arm movements – alternating between moving smoothly and sharply</li> <li>• Bend over at the hips and walking fingertips down legs stretching hamstrings; hold stretch as the fingers tickle the toes; walk fingertips all the way up body and reach stretching over head.</li> </ul>
	<b>ISOLATIONS &amp; ROLLS</b>		<p>Standing in parallel. Hands on hips, fingers forward.</p> <ul style="list-style-type: none"> <li>• Head isolations: Turn right, turn left. Look up, look down.</li> <li>• Shoulder isolations: Lift and lower shoulders. Roll shoulders forward and backward</li> <li>• Back roll: Bend (drop) forward from the waist, relaxing the arms downwards towards feet. Touch the floor and bend knees into a crouch. Recover to upright position, head arriving last.</li> <li>• Lift and lower knees</li> </ul>

			<ul style="list-style-type: none"> <li>• Open and close hands</li> </ul> <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> <li>• Lift right shoulder with left shoulder pushing down – alternate shoulders to music</li> <li>• Roll shoulders forward and backward</li> <li>• Draw large circles with shoulders</li> <li>• Hip isolations from right to left</li> <li>• Balance on one leg and draw circles with ankle</li> </ul>
<b>Centre Barre</b>	<b>DEMI PLIE &amp; BODY ROTATION</b>		<p>Standing in parallel. Hands on hips, fingers forward.</p> <ul style="list-style-type: none"> <li>• 2 demi-pliés in parallel with hands on hips</li> <li>• (1) Bring arms directly to 2<sup>nd</sup> allongé (Palms down), (2) Twist upper body right, (3) rotate to center, (4) lower arms</li> <li>• Repeat 2 demi-pliés in parallel with rotation to left</li> <li>• Repeat all</li> </ul>
	<b>TENDUS with CLAP &amp; ROLL UP</b>		<p>Standing in parallel. Hands on hips, fingers forward.</p> <ul style="list-style-type: none"> <li>• 1 tendu devant with right leg</li> <li>• 1 clap with hands and place hands on hips</li> <li>• 1 tendu devant with right leg</li> <li>• 2 quicker claps with hands and place hand on hips</li> <li>• 1 tendu devant with right leg</li> <li>• 3 even quicker claps with hands and place hands on hips</li> <li>• Bend knees in a squat and touch floor, placing hands on floor</li> <li>• Roll body to a standing position</li> <li>• Repeat entire sequence with tendus on left leg</li> </ul> <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> <li>• Try tendus R, L, R, changing feet</li> <li>• On right leg repeat claps as above, On left leg reverse order of claps to 3, then 2, then 1</li> </ul>
	<b>TAPS &amp; STEPPING OVER LEAVES</b>	2 large leaves for each dancer	<p>Standing in parallel. Hands on hips, fingers forward.</p> <ul style="list-style-type: none"> <li>• Ask dancers to take two very large steps toward the back of the room for the next exercise as it travels forward. Dancers will form one line across the dance space.</li> <li>• Place 2 leaves (or mats) down in front of each dancer. Be mindful of how far apart the leaves (mats) are placed. Each mat will be placed the distance of the length of each dancer's leg reach.</li> <li>• Ask dancers to pretend there is a sleeping little bug under each leaf and they must not wake or smash the delicate bug.</li> <li>• Brush right leg devant and lightly tap the 1<sup>st</sup> leaf 4 times.</li> <li>• With leg reached out, step over the leaf into the empty space between the two leaves and place feet together.</li> <li>• Repeat taps and big step over leaf with right leg again</li> <li>• Rise up on demi-point and bourrée (very small steps on demi-pointe) backwards in a curvy pathway to the right, in between 2 leaves, to the left and back to the starting position.</li> </ul>

			<ul style="list-style-type: none"> <li>• Clap hands twice.</li> <li>• Begin again using left leg.</li> </ul>
	<b>JAZZ ARM POSITIONS</b>		<p>Standing in parallel, feet hip distance apart. Hands on hips, fingers forward.</p> <p>. Teach the following arm positions one at the time.</p> <ul style="list-style-type: none"> <li>• 1<sup>st</sup> arms extended forward, palms facing</li> <li>• 2<sup>nd</sup> arms extended to sides, palms down</li> <li>• High V</li> <li>• Low V</li> <li>• 5<sup>th</sup> arms extended upward, palms facing</li> <li>• Cheerleading (fists on hips)</li> </ul> <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> <li>• Musical Statues: Skip or free dance. When the music stops, dancers freeze, and teacher will call out an arm position. Repeat skipping &amp; freezing when music stops until dancers have practiced all arm positions.</li> <li>• Put arms movements into a combination of 3 movements and a clap; keep repeating; create several combinations of 3 sharp jazz arm positions followed by a clap</li> </ul>
<b>Centre</b>	<b>SAUTES &amp; CLAPS</b>		<p>Standing in parallel. Hands on hips, fingers forward.</p> <ul style="list-style-type: none"> <li>• Plié, sauté, plié, straighten legs</li> <li>• 1 clap, hands on hips</li> <li>• Plié, sauté, plié, straighten legs</li> <li>• 2 claps, hands on hips</li> <li>• Plié, sauté, plié, straighten legs</li> <li>• 3 claps, hands on hips</li> <li>• Clap, pause, clap, pause, clap, clap, clap, pause</li> </ul> <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> <li>• Face a partner, and instead of clapping own hands, clap partner's hands</li> </ul>
	<b>IN &amp; OUT JUMPS with HIP SWINGS</b>		<p>Standing in parallel. Hands on hips, fingers forward.</p> <ul style="list-style-type: none"> <li>• Plié, jump feet out to 2<sup>nd</sup> parallel, plié, jump feet back together.</li> <li>• Repeat</li> <li>• Jump open to 2<sup>nd</sup> parallel</li> <li>• Swing hips right, left, right</li> <li>• Jump together parallel</li> <li>• Repeat all but this time swing hips left, right, left, jump together.</li> </ul> <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> <li>• Tuck jump: <ul style="list-style-type: none"> <li>○ bring knees into body on certain jumps landing 2<sup>nd</sup></li> <li>○ bring knees into body on certain jumps together</li> <li>○ try to add claps into the combination</li> </ul> </li> </ul>

	<b>SIDE TO SIDE STEPS</b>		<p>Dancers will line up in a single file line downstage to upstage. Depending on the number of students, two lines may be necessary. Dancers will begin facing the front of the room (mirror).</p> <ul style="list-style-type: none"> <li>• Preparation: Legs in parallel with hands on hips</li> <li>• Dancers will step open to the side with their right leg and step together with their left leg to their right leg</li> <li>• Dancers will march three times as they turn to face the back of the room</li> <li>• While facing the back, dancers will step open with their left leg and step together with their right leg to their left</li> <li>• Dancers will march three times as they turn to face the front of the room</li> <li>• Continue entire sequence traveling sideways until the dancers have crossed the dance space.</li> </ul> <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> <li>• Clap every time the feet step together</li> <li>• Clap on every march</li> <li>• Open arms every time the legs open, clap every time the legs step together</li> </ul>
<b>Traveling Steps</b>	<b>TRANSITION TO TRAVELING STEPS</b>		<p><i>Place dancers in rows/lines on one side of room. Dancers will travel from one side of the room to the other. Many exercises will be repeated. Take the time to tell the dancers which group of dancers will go first, second, etc. Taking turns is a concept they are learning.</i></p>
	<b>SIDEWAYS GALLOPS</b>	Depending on the size of dance space 1, 2, 3, or 4 mats per row of dancers	<p>Dancers will line up in a single file line downstage to upstage. Depending on the number of students, two lines may be necessary. Dancers will begin facing the front of the room (mirror). Place 1 mat down on the centerline for each dancer in the row.</p> <ul style="list-style-type: none"> <li>• Dancers will gallop sideways and stop on the center mat</li> <li>• Dancers will turn their body around to face the back of the space.</li> <li>• Dancers will continue galloping sideways toward the opposite side of the room</li> <li>• Repeat this process again traveling in the opposite direction.</li> <li>• Variation: Place two mats down evenly spaced apart from the starting and ending place. Ask the dancers to stop on each mat and turn to face the opposite direction.</li> </ul> <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> <li>• Ask the dancers to skip instead of stopping on each mat to turn around</li> <li>• If space allows, add more mats so the dancers are required to turn more times.</li> <li>• Once the dancers understand and can perform the above demands, remove the mats and give them a specific count to skip and turn on. For example, gallop 3 and then skip to turn. Keep repeating across the dance space.</li> </ul>

	<b>FORWARD GALLOP</b>		<p>Ask dancers to form lines from upstage to downstage. Dancers will face the center of the space.</p> <ul style="list-style-type: none"> <li>• Dancers begin with the upstage leg extended to their front</li> <li>• With each gallop, ask the dancers to kiss their feet together in the air. One leg will be in front of their other with each kiss.</li> <li>• Gallop across the space and then repeat traveling back using their other leg forward.</li> <li>• Variations: <ul style="list-style-type: none"> <li>○ Hands on hips</li> <li>○ Arms stretching in a straight line at shoulder height</li> </ul> </li> </ul> <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> <li>• Ask dancers to change their arm positions every 4 gallops</li> <li>• Forward gallop to halfway and then turn body to side gallop the rest of the way. Add arms: Forward gallop = reaching forward palms facing in at shoulder height; Sideways gallop = arms stretching in a straight line at should height</li> </ul>
	<b>JUMPING INTO THE LEAVES</b>		<ul style="list-style-type: none"> <li>• Place mats down in a specific pattern on the floor. The teachers will decide the best pattern for the available space and ability of the dancers.</li> <li>• Assign a meaning to each shaped mat. <ul style="list-style-type: none"> <li>○ Square mat = two feet</li> <li>○ Circle mat = one foot</li> </ul> </li> <li>• Explain to the dancers how the mats represent piles of leaves. They are going to leaf jump and their feet must land on the mat a certain way depending on the mat shape.</li> <li>• Change the pattern layout of square and circular mats each week.</li> </ul> <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> <li>• Add more shapes into the pattern. <ul style="list-style-type: none"> <li>○ Oval mat = land in squat</li> <li>○ Circle mat = land on right foot</li> <li>○ Rectangle mat = land on left foot</li> </ul> </li> <li>• Gradually add in the different shapes to increase the task demand</li> <li>• Variations: Add specific arm movements with each landing. <ul style="list-style-type: none"> <li>○ Claps on all landings</li> <li>○ Touch shoulders on square mat</li> <li>○ Touch foot that is up in back on circle &amp; rectangle mat</li> <li>○ Touch floor with fingertips on oval mat</li> </ul> </li> </ul>
	<b>JAZZ STATIONS</b>	4 different character pictures	<p>Place 4x different pictures of Angelina's friends in four areas of the studio. Ask the students for dance moves they would like to do at each 'station'. Visit each station by skipping or galloping and perform the agreed dance move there.</p> <p>Various movement suggestions for each station...</p> <ul style="list-style-type: none"> <li>• Hip rocks</li> <li>• Demi plies</li> </ul>

		<ul style="list-style-type: none"> <li>• In &amp; out jumps</li> <li>• Bunny hops</li> <li>• Spinning</li> <li>• Hand flicks</li> <li>• Tapping the opposite hand to the lifted knee on each forward knee lift</li> <li>• Tapping the opposite hand on the bottom of each foot for every hamstring curl to the back – foot to seat</li> <li>• Feet together jumping side to side 3 times and then clap – as if jumping over something</li> <li>• Balance on one foot</li> <li>• Strike different poses that best describes the character</li> </ul> <p><i>Alice Nimbletoe:</i> Angelina's 'best-est' friend, Alice dreams of becoming a world-class gymnast.</p> <p><i>Viki:</i> Fun-loving Viki loves being creative and making up her own style of dancing.</p> <p><i>Gracie:</i> Like Angelina, Gracie loves being the star of the show, but she prefers modern dance.</p> <p><i>Marco:</i> Marco is a student from Costa Mousa. A music lover, Marco loves singing and playing instruments.</p> <p><i>A.J:</i> A.J is a mouseling who is obsessed with hip-hop dance.</p> <p><i>Ms. Mimi:</i> This teacher adores little mouselings and loves to inspire them with her own vivid imagination.</p>
<b>SKIPPING RELAY</b>	Leaves	<p>Form two lines, facing each other. The leader of the first line holds a leaf in each hand.</p> <ul style="list-style-type: none"> <li>• Skipping, the leader takes their leaves to the first dancer in the other line.</li> <li>• Repeat until everyone has had a turn</li> <li>• Variations: leap, forward gallop, sideways gallop in place of skipping</li> </ul>
<b>MARCHING</b>		<p>Pair the dancers into twos and have them create two lines on one side of the room.</p> <ul style="list-style-type: none"> <li>• Place mats down on the floor. Assign a specific meaning to each mat. <ul style="list-style-type: none"> <li>○ Square = Forward March</li> <li>○ Circle = Backward March</li> </ul> </li> <li>• Explain to the dancers that they will always travel to the opposite side of the space.</li> <li>• Place the mats down in different orders. For example - square, square, circle, square or square, circle, square, circle. Change it up each week. Be sure to make the mat patterns match for each pair of dancers.</li> <li>• When the dancers reach a new mat, they must then change to and perform what direction the mat signifies.</li> </ul>

			<p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> <li>• Add another mat to = sideways marching</li> <li>• Assign specific arms positions for each direction of marching</li> <li>• Don't match the pattern for each pair. This will mean that sometimes a dancer will be marching one direction and their partner will be traveling another direction.</li> </ul>
	<p><b>AUTUMN THEME: FALLING LEAVES</b></p>	<p>Paper or silk leaves with numbers written on one side – 2 per dancer</p>	<p>If 8 students or less keep the dancers as one group. If class is larger, divide the class into two groups and work with two groups doing the same thing at the same time.</p> <ul style="list-style-type: none"> <li>• Leaves being used as props must be numbered. Begin with #1 and continue in sequence so that each dancer will have two leaves each.</li> <li>• One group: <ul style="list-style-type: none"> <li>○ Ask all the dancers but one to gallop to the opposite side of the room. Give each of those dancers two leaves to hold. Ask the dancers to look at the number on the back of their leaf. The teacher may need to help dancers in Level 1 identify and remember their number or you can give younger dancers only one leaf to hold to make things simpler.</li> <li>○ Ask the group of dancers to make their bodies into one beautiful and very large tree. It is Autumn and this special tree has a few leaves that haven't blown off yet. Ask the dancers to work together to create a giant shape that looks like a tree. The dancers will need to hold their leaves outstretched from their bodies.</li> <li>○ The remaining dancer on the original side is going to be the wind. This dancer will gallop or skip toward and around the tree causing it to sway. Encourage the dancers pretending to be the large tree to respond to the dancer circling around their large tree shape.</li> <li>○ When the dancer stops circling the tree (i.e. the wind stops), the tree dancers all drop their leaves but remain in the shape of the tree.</li> <li>○ The wind dancer bends down and picks up one leaf. The dancer will call out the number on the chosen leaf and the original holder of that number is now the wind and skips to the other side to become the wind. The original wind dancer continues to hold the leaf that was chosen and becomes part of the tree.</li> <li>○ All the dancers will bend down and pick up their numbered leaves. Depending on the level of the dancers – they can pick up their same numbered leaf OR pick up any leaf and remember a new number.</li> <li>○ Be sure the dancers all get a turn before repeating turns. Which means if the same numbered leaf gets</li> </ul> </li> </ul>



			<p>picked up, the dancer has to choose another number that has not been called yet.</p> <ul style="list-style-type: none"> <li>○ Keep repeating until everyone has had the chance to be the wind.</li> <li>● Suggestions: <ul style="list-style-type: none"> <li>○ If you have a large group – make several smaller groups so that all dancers get a turn</li> <li>○ If your dancers are very young – only give them one leaf so that it is less to remember</li> <li>○ If you have a large group, multiple trees, &amp; keeping the same number throughout – write the leaf numbers on the white board as they are called so everyone will remember the numbers that have been called.</li> </ul> </li> </ul>
	<b>ACROSS THE FLOOR</b>	Tumbling mat (if available)	<p>Line up at end of tumbling or gym mats (or at end of studio). 1x1 students take turns down the mat.</p> <ul style="list-style-type: none"> <li>● Dolphin leaps (repetition of leaping), free use of arms</li> <li>● Crab walks (start sitting down, leave feet and hands on the floor, raising hips as high as possible), can travel forwards, backwards or sideways as a crab</li> <li>● Seaweed rolls (lie down across mat, arms and feet stretched and roll to end of mat)</li> <li>● Bear walks (on hands and feet) can travel forwards or backwards</li> <li>● Begin with arms stretch overhead and one foot extended forward; place hands on floor and rock forward kicking one leg up into the air as if they were a donkey kicking its hind legs. Repeat 3 times on one leg and then try the other leg.</li> <li>● Stand with legs open parallel second and arms stretched overhead. Bend over at hips and reach hands to floor. (Knees may need to bend for some children – this is fine) Walk hands out 4 steps increasing the space between hands and feet. Next, walk feet forward, decreasing space between hands and feet. Roll body up to standing. Repeat but this time begin with feet walking out first.</li> </ul>
<b>Song &amp; Dance</b>	<b>TRANSITION TO SONG &amp; DANCE</b>	Angelina Song Collection	<i>Each week spend time singing and dancing to a special Angelina Ballerina song. Have dancers stand in lines, spaced out, and facing the 'audience'.</i>
	<b>ANGELINA SONG &amp; DANCE</b>	<i>Chosen song from Angelina Song Collection</i>	<ul style="list-style-type: none"> <li>● Choose a song from the Angelina Song Collection</li> <li>● Create choreography appropriate for you students</li> <li>● Have dancers recite the lyrics along with you</li> <li>● Assign movement to the lyrics</li> <li>● Practice singing along with Angelina and her friends</li> <li>● Practice singing and dancing with Angelina and her friends.</li> </ul>

<b>Good-bye</b>	<b>JAZZ BOW</b>	No music, None	<p>Have dancers stand in a line facing the front of the studio</p> <ul style="list-style-type: none"> <li>• Feet together parallel with arms at sides</li> <li>• Step to right, close feet together</li> <li>• Raise right arm fully stretched</li> <li>• Bow from the waist, lowering arm</li> <li>• Straighten and hold</li> </ul>
	<b>STICKERS &amp; HANDOUTS</b>	Stickers & Handouts	<ul style="list-style-type: none"> <li>• Line the dancers up at the door</li> <li>• Give out any stickers or handouts you may wish to give them</li> <li>• Go down the line and call each dancer by name and thank them for working so hard and for being such a good listener.</li> <li>• Open the studio door and see that the children get to their caregiver.</li> </ul>

**Teacher's Notes:**